

Easy Oven Packet Caribbean Tilapia with Pears and Carnival Roasted Potatoes

Cook time: 45 minutes

Makes: 4 Servings

Enjoy a taste of the Caribbean with seasoned vegetables, tilapia and pears, baked in no-fuss foil or parchment packets.

Ingredients

For the Carnival Roasted Potatoes:

- 2 small red potatoes
- 2 small Yukon potatoes
- 1/2 yellow bell pepper, cut into 1" chunks
- 1 cup green beans (fresh, frozen, or canned)
- 1 Roma tomato, cut into wedges
- 2 tablespoons chopped white onion
- 1 clove garlic, minced
- 1/2 teaspoon cumin
- 1/4 teaspoon salt (optional)
- 1 tablespoon olive oil

For the Tilapia Oven Packets:

- 1 pound tilapia fillets, fresh, or frozen (4-4-oz tilapia fillets)
- 1 tablespoon salt-free Caribbean citrus seasoning blend
- 2 teaspoons olive oil
- 3 D'Anjou pears (medium)

Directions



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	380	
Total Fat	8 g	12%
Protein	28 g	
Carbohydrates	54 g	18%
Dietary Fiber	8 g	32%
Saturated Fat	1.5 g	8%
Sodium	220 mg	9%

MyPlate Food Groups

Fruits	3/4 cup
Vegetables	1 3/4 cups
Protein Foods	3 ounces

1. Heat oven to 425 °F.
2. Scrub potatoes under running water, cut into 1-inch chunks.
3. In a large bowl, toss potatoes with other vegetables, seasonings, and olive oil. Spread mix in a 2-quart baking dish and place in oven.
4. Roast until potatoes and other vegetables are tender, about 30-40 minutes.
5. About 15 minutes after the potato dish was placed in the oven, put in a baking sheet with fish packets, prepared as follows:
6. Brush fish with olive oil, coat with seasoning blend.
7. Place each filet in the center of a square of aluminum foil (or substitute foil with parchment paper).
8. Cut pears into quarters and core; slice into thin wedges (about 8-12 per pear). Top fish with pear wedges.
9. Bring the foil over the fish and fruit. Fold and pinch the seams.
10. Place foil packets on a baking sheet. Bake about 20 minutes, until tilapia is cooked to an internal temperature of 145°F, confirmed with a food thermometer, and fruit is tender.
11. To serve, carefully open the packet, slide contents onto individual serving plates, and add roasted vegetables.

Notes

Serving Suggestions: Serve with an 8 oz glass of non-fat milk.

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